

3rd Term P.E. Class

STUDY GUIDE (For Test #1)

This is your 1st **STUDY GUIDE** so please study!!! The test will be worth 100 points. Remember to look for the **SECRET TEST** questions on the P.E. Class Web site.

1. Please list **YOUR P.E.** student number. This is the number you use to locate your grade in P.E. class.
2. Please list **10 games** that we have played in **P.E. class** so far?
3. Please **explain** what **Adduction** is?
4. Please **explain** what **Abduction** is?
5. **Explain** where you **Lattismus Doris** is located?
6. When you are **doing push-ups** – please **explain** what muscles are in **Adduction** and **Abduction**?
7. **Please list 5 muscles** that are located in **your upper body**?
8. **What** is the **name** of the **muscle that is located in your upper back**? [*Hint: This is the muscle that you place you hands when playing the Leapfrog game?*] Spelling Does Not Count.
9. **What** is the **name of the muscle** that you are using to do **sit-ups**?
10. **PLEASE DESCRIBE** the [3] **MAIN** techniques that are needed to **SPRINT CORRECTLY**?
11. **Spell** both **your P.E. teachers' names**. [Spelling Counts]
12. **WHAT IS** the **NAME OF THE GAME** that is played **WITH CARDS, STUDENTS & IN SILENCE**?
13. **WHERE IS YOUR STERNOCLEIDOMASTOID** Muscle located?
14. **List the [2]** major muscles that are **located in your back**?
15. **What language** does the **Male PE** teacher speak, other than English?
16. When the intercom comes on...what should you do?
17. **PLEASE explain** the [4] **proper techniques** that are required to properly complete a **Hurdle Jump**?
18. **PLEASE explain** the [4] **proper techniques** that are required to properly complete a **High Jump**?
19. What is the name of our **student assistant (first is name is good enough)**?
20. **List 4 ways** you can earn extra credit in p.e?
21. **When the whistle blown TWICE --- you must?**
22. **Name the muscle** that you **sit-on**?
23. List all the student's first names in OUR P.E. class. (**Spelling does not count...yet**).
24. Please explain the [3] **proper techniques** that are required to punt a soccer ball.
25. **WHAT IS** the **NAME OF THE GAME** that is played **In Silence, and with Toxic Waste Materail**?